



refresh. refuel. relax.

**North Salem High & Middle  
School Breakfast Menu**  
Student Breakfast \$2.50  
Adult Breakfast \$3.00 Plus Tax



**All Breakfast's Must Include**

**Choice of:**  
Fruit, 100% Juice  
**And May Include:**  
1% Low Fat Milk, Skim Milk or Fat Free Chocolate Milk  
**\*Hormone Free\***  
**\* No High Fructose Corn Syrup \***

**Available Daily**  
Whole Grain Muffins Assorted  
Cereals, Whole Grain Bagels and  
Egg Sandwiches, Parfaits and  
Smoothies  
Apples, Oranges and Bananas

**Food Service Director**  
Karen Seikovsky  
914-669-5414 ext:2030



In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

**2**  
Whole Grain Mini Waffles  
Orange  
Fruit Punch Juice  
8oz Milk

**3**  
Bagel  
Butter/Cream Cheese  
Banana  
Apple Juice  
8oz Milk

**4**  
Whole Grain Cereal  
Cheese Stick  
Apple  
Fruit Punch Juice  
8oz Milk

**5**  
**SCHOOLS CLOSED**  
**PARENT TEACHER**  
**CONFERENCES**

**6**  
Whole Grain Powered Sugar  
Donut Holes  
Orange  
Apple Juice  
8oz Milk

**9**  
Whole Grain Mini Blueberry Waffles  
Apple  
Fruit Punch Juice  
8oz Milk

**10**  
Whole Grain Powered Sugar  
Donut Holes  
Orange  
Apple Juice  
8oz Milk

**11**  
Whole Grain Mini French Toast  
Banana  
Fruit Punch Juice  
8oz Milk

**12**  
Whole Grain Cinnamon Bun  
Orange  
Apple Juice  
8oz Milk

**13**  
Bacon (Pork), Egg and Cheese on a Whole Grain English Muffin  
Apple  
Fruit Punch Juice  
8oz Milk

**16**  
Whole Grain Muffin  
Graham Crackers  
Orange  
Apple Juice  
8oz Milk

**17**  
Sausage (Turkey) Egg and Cheese on a Whole Grain English Muffin  
Orange  
Apple Juice  
8oz Milk

**18**  
Strawberry Yogurt Parfait  
Graham Crackers  
Fruit Punch Juice  
8oz Milk

**19**  
Bagel  
Butter/Cream Cheese  
Banana  
Apple Juice  
8oz Milk

**20**  
Whole Grain Mini Waffles  
Orange  
Fruit Punch Juice  
8oz Milk

**23**

**24**

**25**

**26**

**27**

**HOLIDAY RECESS SCHOOLS CLOSED**

**30**  
**HOLIDAY RECESS**  
**SCHOOLS CLOSED**

**31**  
**HOLIDAY RECESS**  
**SCHOOLS CLOSED**

**Food Allergies? If you have a food allergy, please speak to the manager, chef, or your**